

SCHOOL:

u-VV-∞-- o-#\V) ° k' SCHOOL ATHLETIC ASSOCIATION WBGT MEASUREMENT AND RECORD

SPORT:_____

DATE	TIME	TEMPERATURE	HUMIDITY	WBGT READING	ACTIVITY REVISION	SIGNATURE
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WBGT READING	ACTIVITY ZONES, ACTIVITY GUIDELINES & REST BREAK GUIDELINES			
UNDER 82.0	0			
82.0 – 86.9	1-Rtqxkf g'cv'rgcuv'vj tgg'ugr ctcvg'tguv'dtgcmu'gcej 'j qwt'y kyj 'c'o kpko wo 'f wtcvkqp'qh'5'o kpwgu'gcej ''f wtkpi 'vj g'y qtmqw.			
87.0 – 89.9	2-O czło wo "r tcevłeg" kło g"ku"4" j qwtu0 Hqt 'CniUr qt wt 'Rtqxkf g"cv'ngcuv'hqwt" ugr ctcvg" tguv'd tgcmu" gcej "j qwt" y kij "c"o kpko wo "f wtcwkqp" qh'6" o kpwgu" gcej 0 For Football < Rta { gtu" ctg" tguvtlevgf "\q" j gto gv." uj qwf gt r cf u." cpf "uj qtw" f wtlpi "r tcevłeg" j cvf qgu" pqv'kpxqrxg" eqpvcev." cpf "cm" r tqvgevkxg" gs wkr o gpv'o wuv'd g tgo qxgf "f wtlpi "eqpf kwqplpi cevkxkygu" kij g"Y DI V"tkugu" \q" j ku" gxgr!f wtlpi "r tcevłeg." r ta { gtu" o c { eqpvkpwg" \q" y qtm" qwt wearing football pants without changing to shorts.			
90.0 – 92.0	3-Maximum practice time is 1 hour. For All Sports <'Vj gtg'o ww'dg''42''o kpwgu''qh'tguv'dtgcmu'f kwtkdwgf'' y tqwi j qw''y g''j qwt''qh'r tcevkeg''cpf ''pq''eqpf kkqpkpi ''cevkxkkgu0 Hqt 'Hqqvdcm x'P q''r tqvgevkxg''gs wkr o gpv o c{"dg''y qtp''f wtkpi ''r tcevkeg''y cv'f qgu'pqv'kpxqrxg''eqpvcev0'			
OVER 92.0	4-Pq"qwfqqt"rtce\leg0Cp"qwfqqt"rtce\leg"ecppqv\cmg"rmeg"\wp\kiiY DI V"ngxgnku"; 402"qt"dgmy "qt j gcv\kpf gz"\ku"326"qt"dgmy 0" Kpvgtuej qm:uke'eqo rgv\kqpu"\penwf lpi 'rtgugcuqp'\tetko o ci gu'cpf 'lco dqtggu'o wuv'dg'rquvrqpgf 'lp'' vj g'cdugpeg'\qhlcp'crrtqrtkcvg'j gcmj 'ectg'rtqlguu\qpcni*Egt\kl\qf 'lklg' 'Cvj ng\ke'Vtclpgt.'Egt\kl\qf 'P wtug'' Rtcev\kqpgt.'Rj { ukekcpu'Cuukucpv.'F qevqt '\qhlO gf kelpg.'Quvgqrcvj ke'Rj { ukekcp+'y kvj 'ceeguu'\q'c'eqnf'' y cvgt 'lo o gtukqp'\wd'\qt '\qvj gt 'tcrlf '\qp/u\kg'eqqn\pi 'o gvj qf 0\Wpf gt '\pq'ektewo u\cpegu'\ecp'cp'\qwf qqt'' rtcev\keg'\cmg'rmceg'\p'\yj gug'\eqpf k\kqpu			